1. A system for monitoring activity of a resident, comprising:

at least one sensor for collecting data points on activity of the resident;

a communication platform in communication with the at least one sensor; and

a monitoring center located remote from the resident and in communication with the communication platform, said monitoring center comprising:

a database for collecting the data points on activity of the resident, wherein the collected data points are collated into at least three time slots per every twenty-four hour time cycle for determining activity of the resident.

2. The system of claim 1, wherein the collected data points are collated into at least ten time slots per every twenty-four hour time cycle.

3. The system of claim 2, wherein the collected data points are collated into at least forty-eight time slots per every twenty-four hour time cycle.

4. The system of claim 1, wherein the at least one sensor comprises a plurality of sensors positioned throughout a home of the resident.

5. The system of claim 4, wherein the plurality of sensors comprise one or more from the group consisting of motion sensors, exterior door sensors, inside door sensors, cabinet sensors, kitchen sensors, appliance sensors, hazard sensors, and security sensors.

6. The system of claim 4, wherein the plurality of sensors comprise at least one motion sensor and at least one exterior door sensor.

7. The system of claim 6, wherein said monitoring center is adapted to determine whether the resident is away from the home.

8. The system of claim 1, wherein said communication platform comprises a near real-time communication platform.

9. The system of claim 1, wherein the at least one sensor is worn by the resident.

10. A system for monitoring activity within a home, comprising:

a plurality of sensors positioned throughout the home for collecting data points on activity in the home, wherein the plurality of sensors comprises one or more from the group consisting of motion sensors, exterior door sensors, inside door sensors, cabinet sensors, kitchen sensors, appliance sensors, hazard sensors, and security sensors;

a communication platform in communication with the plurality of sensors; and

a monitoring center located remote from the home and in communication with the communication platform, said monitoring center comprising:

a database for collecting the data points on activity in the home, wherein the collected data points are collated into at least ten time slots per every twenty-four hour time cycle for determining activity within the home.

11. The system of claim 10, wherein the collected data points are collated into at least forty-eight time slots per every twenty-four hour time cycle.

12. The system of claim 10, wherein the plurality of sensors comprise at least one motion sensor and at least one exterior door sensor.

13. The system of claim 12, wherein said monitoring center is adapted to determine whether a resident of the home is away from the home.

14. The system of claim 10, wherein said communication platform comprises a near real-time communication platform.

15. A method for distinguishing between normal and unusual activity in a home, comprising:

obtaining historical activity data within the home for a twenty-four hour cycle;

collating the historical activity data into at least three time slots within the twenty-four hour cycle; and

evaluating a new data point against the collated historical activity data to determine whether the new data point indicates normal or unusual activity in the home.

16. The method of claim 15, wherein the activity to be distinguished is inactivity.

17. The method of claim 16, further comprising producing a maximum historical inactivity time line based upon the collated historical activity data.

18. The method of claim 17, further comprising providing a buffer time to the maximum historical inactivity time line to create an alert line.

19. The method of claim 18, further comprising offsetting the buffer time, wherein the new data point is evaluated against both the historical activity data and the alert line.

20. The method of claim 18, wherein the evaluating step comprises:

collating the new data point into one of the at least three time slots; and

evaluating the new data point against the historical activity data of said one of the at least three time slots as well as against surrounding time slots.

21. The method of claim 20, wherein the evaluating step further comprises determining whether sufficient historical activity data exists for said one of the at least three time slots and for said surrounding time slots.

22. The method of claim 21, wherein the evaluating step further comprises determining whether the new data point exceeds the maximum historical inactivity time line and the alert line.

23. The method of claim 18, further comprising creating a sleep window from the historical activity data based upon the lowest activity detected in the at least three time slots during the twenty-four hour cycle.

24. The method of claim 23, further comprising altering the alert line within the sleep window.

25. The method of claim 20, further comprising determining whether a resident of the home is at home or away and ignoring any new data points received during a period when the resident is away from the home.

26. The method of claim 15, wherein the collating step comprises collating the historical activity data into at least ten time slots within the twenty-four hour cycle.

27. The method of claim 26, wherein the collating step comprises collating the historical activity data into at least forty-eight time slots within the twenty-four hour cycle.

28. The method of claim 15, wherein the activity to be distinguished comprises movement of an exterior door to the home.

29. The method of claim 15, wherein the activity to be distinguished comprises activity within a kitchen in the home.

30. The method of claim 15, wherein the evaluating step includes plotting the new data point against the collated historical activity data to determine whether the new data point indicates normal or unusual activity in the home.

31. A method for distinguishing between unusual periods of inactivity and normal periods of inactivity in a home, comprising:

obtaining historical activity data within the home for a twenty-four hour cycle;

collating the historical activity data into at least ten time slots within the twenty-four hour cycle;

producing a maximum historical inactivity time line based upon the collated historical activity data; and

evaluating a new data point against the collated historical activity data to determine whether the new data point indicates an unusual period of inactivity or a normal period of inactivity in the home.

32. The method of claim 31, further comprising providing a buffer time to the maximum historical inactivity time line to create an alert line.

33. The method of claim 32, further comprising offsetting the buffer time, wherein the new data point is evaluated against both the historical activity data and the alert line.

34. The method of claim 32, wherein the evaluating step comprises:

collating the new data point into one of the at least three time slots; and

evaluating the new data point against the historical activity data of said one of the at least three time slots as well as against surrounding time slots.

35. The method of claim 34, wherein the evaluating step further comprises determining whether sufficient historical activity data exists for said one of the at least three time slots and for said surrounding time slots.

36. The method of claim 35, wherein the evaluating step further comprises determining whether the new data point exceeds the maximum historical inactivity time line and the alert line.

37. The method of claim 36, further comprising issuing an alert when the new data point exceeds the maximum historical inactivity time line and the alert line.

38. The method of claim 32, further comprising creating a sleep window from the historical activity data based upon the lowest activity detected in the at least three time slots during the twenty-four hour cycle.

39. The method of claim 38, further comprising altering the alert line within the sleep window.

40. The method of claim 39, wherein the evaluating step further comprises determining whether the new data point exceeds the maximum historical inactivity time line and the alert line.

41. The method of claim 40, further comprising triggering an alert and delaying issuance of the alert until after the sleep window has elapsed.

42. The method of claim 40, further comprising triggering an alert and e-mailing the alert to a caregiver.

43. The method of claim 32, further comprising determining whether a resident of the home is at home or away and ignoring any new data points received during a period when the resident is away from the home.

44. The method of claim 32, wherein the collating step comprises collating the historical activity data into at least ten time slots within the twenty-four hour cycle.

45. The method of claim 44, wherein the collating step comprises collating the historical activity data into at least forty-eight time slots within the twenty-four hour cycle.